

134 H. ABSTRACT OF THE DISCLOSURE

135 According to the present invention, fat and caloric content of snack foods can be reduced by
136 the replacement of a portion fat content normally found in snack foods with an equal amount of
137 emulsified liquid shortening composition comprising dietary fiber gel, water and lipid. The result is
138 that fat and caloric content of snack foods can be manipulated with minimal effect on taste and
139 texture. Furthermore, these emulsified mixtures, or “emulsified liquid shortening compositions
140 comprising dietary fiber gel, water and lipid”, can further comprise functional foods such as high
141 omega three and omega six oils and pure omega three and omega six fatty acids, medium chain
142 triglyceride, beta carotene, calcium estearate, vitamin E, bioflavonoids, fagopyritrol, polyphenolic
143 antioxidants of vegetable origin, lycopene, luteine and soluble fiber, for example Beta-Glucan
144 derived from yeast, and other soluble fibers derived from grain, flax seed, and other vegetable and
145 fruit fiber sources, and any combination thereof. Hence, in addition to reducing fat and caloric
146 content of snack foods, further health benefits can be achieved by replacing a portion of fat with
147 emulsified liquid shortening compositions comprising dietary fiber gel, water and lipid.